

House Resolution 134 - Introduced

HOUSE RESOLUTION NO. 134

BY UPMEYER, SCHULTE, HELLAND, LYKAM, and JACOBY

1 A Resolution encouraging parents to cook with their
2 children.

3 WHEREAS, our children are Iowa's most precious and
4 joyful responsibility, and we are obligated to do all
5 we can to make the good health of our children our
6 number one goal; and

7 WHEREAS, childhood obesity is considered by many to
8 be an epidemic in western countries, particularly in
9 the United States where over 15 percent of children are
10 currently considered obese and where that number is
11 increasing; and

12 WHEREAS, overweight children can develop serious
13 health problems, such as diabetes and heart disease,
14 often carrying these conditions into adulthood as an
15 obese adult; and

16 WHEREAS, overweight children are at higher risk for
17 developing Type 2 diabetes, metabolic syndrome, high
18 blood pressure, asthma and other respiratory problems,
19 sleep disorders, liver disease, eating disorders, and
20 skin infections; and

21 WHEREAS, research shows that children are more open
22 to tasting new foods they help prepare; and

23 WHEREAS, children who help their parents shop
24 for groceries and help prepare the food they buy are
25 empowered to make decisions about what they eat and are
26 more likely to choose healthier foods; and

27 WHEREAS, when buying groceries, parents can share
28 with children the benefits of healthy snacks and the

1 importance of choosing fruits and vegetables over
2 convenience foods that are high in sugar and fat; and

3 WHEREAS, studies show that parents' presence at
4 mealtime leads to kids eating healthier meals and,
5 in terms of preventing obesity, it is important to
6 understand that the example parents give their children
7 will influence what they eat; and

8 WHEREAS, parents and children should select recipes
9 and preparation methods that are lower in fat, put
10 colorful food on the table, such as green and yellow
11 vegetables, fruits of various colors, and whole-grain
12 breads, and refrain from eating in front of the
13 television or computer; and

14 WHEREAS, experts say that if families gathered
15 around the dinner table more often and made sharing
16 news and telling stories an event, it would provide
17 benefits to children, such as improved academic
18 performance and higher self-esteem; and

19 WHEREAS, celebrity chef Guy Fieri, and other chefs,
20 have helped to make cooking with kids a fun and healthy
21 family activity; NOW THEREFORE,

22 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES,
23 That the House of Representatives encourages parents
24 and children to spend time in the kitchen together and
25 prepare a healthy meal; and

26 BE IT FURTHER RESOLVED, That parents are encouraged
27 to cook with their children at least once per week,
28 spend quality time and make healthy food choices with
29 their children, commit to new healthy habits, and set
30 achievable goals for their families; and

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1 BE IT FURTHER RESOLVED, That the Chief Clerk of the
2 House of Representatives shall transmit copies of this
3 resolution to the sponsor for appropriate distribution.